



## Feel "Bee-Seiged" by Crime? Take Control!

B. Secure here. Just taking a glance at a newspaper today reminds us all that crime is an important issue in the state. In 1996 alone over 30,000 Utahns were assaulted. In fact, most people during their lifetimes will be affected by crime in some way. Unfortunately, any one of us can be a victim.

Simply recognizing the potential for crime is the first step in avoiding it. The next steps is to prepare yourself so that you don't become a victim. Recently, a woman purchased some pepper spray. Later while she was out walking, two men approached her and made some lewd comments. The woman pointed the pepper spray canister at them and told them to leave, which they did.

One easy way we can avoid becoming a victim is by appearing strong and confident. When people are around you, look them in the eyes and acknowledge they are present. If approached by an individual stand up tall and talk in a loud, strong voice. Don't try and intimidate them, just be confident.

Another way to practice preparing for unexpected events is by playing the "What If? game." This game is interesting, and it can be played anytime as you walk to your car or drive down a street. To play simply ask yourself what YOU would do if you were carjacked, grabbed from behind, or any other kind of incident. That way, if something does happen, you'll have an advanced plan of how to respond.

If you want more information about protecting yourself, you can visit a website sponsored by the Nashville Police Department. The website, located at [HYPERLINK http://www.telalink.net/~police/risk/index/html](http://www.telalink.net/~police/risk/index/html) [www.telalink.net/~police/risk/index/html](http://www.telalink.net/~police/risk/index/html), has several quizzes that identify characteristics of people most frequently targeted for crime. Visit this site for some great information.

By knowing the characteristics of crime victims, appearing strong and confident, and preparing in advance for problems, you can stand tall against crime. Start today to take the steps necessary to avoid becoming a victim.

**Until next month, B. Secure says, "Be safe, be smart, and be secure!"**